

The sun warms the canyon walls at "duck on a rock" pull-out along Desert View Drive.

Need Information? Keep This Newspaper With You

Bring this newspaper and your questions to a visitor center. Talk to park rangers, view exhibits, and learn about the park. The visitor centers also feature Grand Canyon Association Park Stores and a stamp for your Passport To Your National Parks® booklet.

Village

GRAND CANYON VISITOR CENTER 9 am-5 pm

GRAND CANYON ASSOCIATION PARK STORE AT VISITOR CENTER PLAZA 8 am-6 pm

KOLB STUDIO

8 am-6 pm

VERKAMP'S VISITOR CENTER 8 am-6 pm

YAVAPAI GEOLOGY MUSEUM 8 am-6 pm

Desert View

DESERT VIEW VISITOR CENTER

9 am-5 pm; Dec 1-31 only. Visit us at the Desert View Watchtower in Jan and Feb.

TUSAYAN MUSEUM AND RUIN 9 am-5 pm

Need Hiking Advice?

Talk to park rangers about day hikes or obtaining a permit to camp overnight.

Village

BACKCOUNTRY INFORMATION CENTER 8 am-noon and 1-5 pm

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How Can We Help Plan Your Trip?



In Your Car or Shuttle Bus Park rangers suggest:

- Get your first view of Grand Canyon by taking a five-minute walk from Grand Canyon Visitor Center to Mather Point.
- · Ride the free shuttle buses to see Grand Canyon vistas. Take the Kaibab/Rim Route (orange) shuttle bus route to see canyon viewpoints and Yavapai Geology Museum.
- Drive the 25-mile (40 km) Desert View Drive. Stop at viewpoints, learn about ancestral Puebloan people at Tusavan Museum, and visit the historic Desert View Watchtower.
- View sunrise or sunset by car from Lipan Point on Desert View Drive or ride the Kaibab/Rim Route shuttle bus to Yaki Point.

By Foot or Bicycle

Park rangers suggest:

- *Walk any portion* of the 13-mile (20 km) Rim Trail to see Grand Canyon. Between Yaki Point and Bright Angel Trailhead, ride the free shuttle bus to return to where you started.
- *Hike into Grand Canyon* for a different perspective. Take a short hike on the scenic South Kaibab Trail to Cedar Ridge or prepare for a longer day hike on the Bright Angel Trail.
- *Bicycle the Greenway Trail* to South Kaibab Trailhead or ride Hermit Road to Hermits Rest to feel the wind on your face.
- · View sunrise or sunset as you bicycle the Greenway Trail or stroll the Rim Trail to enjoy the changing light.

With Your Family

Park rangers suggest:

- Pick up a Junior Ranger booklet at any park visitor center. Complete fun activities and attend a park ranger program to earn your badge.
- Learn about Grand Canyon at park ranger programs, such as the rim walk or geology glimpse. Be sure your kids get their Junior Ranger booklet signed.
- Walk through the historic Village. Wander through shops, grab a bite to eat, and learn about park history and early development.
- View sunrise or sunset as you stroll the Trail of Time between Yavapai Geology Museum and Verkamp's Visitor Center.







Welcome to Grand **Canyon National Park!**

Visiting places like **Grand Canyon offers** experiences and

exposures to environments completely different from those of our everyday lives. A trip to Grand Canyon can be memorable and life changing. One of my goals is for you to have a safe and unforgettable experience, but when you are away from home you may not always be aware of your surroundings and the risks they pose.

This guide is a great way to get started. In it, you will find information about visitor services and park ranger programs, as well as a map and information about how to use the free shuttle buses. You will also find advice about seasonal conditions and how to stay safe during your visit.

The visitor centers are a terrific next step. They offer opportunities to ask questions of our knowledgeable park rangers and volunteers. Stop by Grand Canyon Visitor Center for an overview of the park. Learn how Grand Canyon formed at Yavapai Geology Museum. Explore Grand Canyon's human history at Tusavan Museum and Ruin or Verkamp's Visitor Center. Be inspired by art or photography at Kolb Studio. If you plan to hike, stop by the Backcountry Information Center for advice.

I hope your interest does not end when you leave. The park faces many challenges and I encourage you to stay involved. You can track issues and provide comments at parkplanning.nps.gov. You can learn about park management at nps.gov/grca/ parkmgmt/index/htm. I also encourage you to follow Grand Canyon National Park on Facebook and Twitter and consider becoming a Grand Canyon Association member.

I wish you a safe and enjoyable visit as you create wonderful new memories, and I hope you make plans to explore the over 400 national park units across the country.

Superintendent David V. Uberuaga Grand Canyon National Park PO Box 129

Grand Canyon, AZ 86023-0129 USA

Park Headquarters 928-638-7888

Website

nps.gov/grca/









Grand Canyon National Park

Located in northern Arizona, the park encompasses 277 miles (446 km) of the Colorado River and adjacent uplands. One of the most spectacular examples of erosion anywhere in the world, Grand Canyon is unmatched in the incomparable vistas it offers visitors. Grand Canyon National Park is a World Heritage Site.

The Guide is published by Grand Canyon National Park and is supported by your fees. It is available in French, German, Spanish, Italian, Japanese, Chinese, and Korean. An Accessibility Guide is also

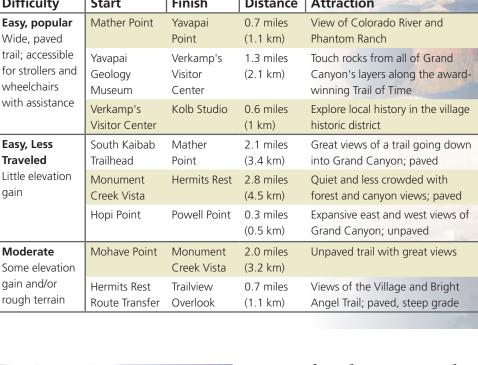
The National Park Service cares for the special places saved by the American people so that all may experience our

EXPERIENCE YOUR AMERICA™

Walk the Rim Trail

The Rim Trail offers a diverse hiking experience along 13 miles (21 km) of the canyon, shown by brown and green dashed lines on the map on pages 4–5. Choose your adventure, from a short sunrise walk to a full afternoon hike. The Rim Trail is wheelchair-accessible from Lookout Studio to South Kaibab Trailhead. Ride the free shuttle bus and add variety into your Rim Trail adventure by walking one way and riding back. Note: there is no shuttle bus service to Hermits Rest during winter. Distances below are one way. Use caution and over-the-shoe traction devices when hiking icy or snowy trails which may or may not be plowed.

Difficulty	Start	Finish	Distance	Attraction
Easy, popular Wide, paved trail; accessible for strollers and wheelchairs with assistance	Mather Point	Yavapai Point	0.7 miles (1.1 km)	View of Colorado River and Phantom Ranch
	Yavapai Geology Museum	Verkamp's Visitor Center	1.3 miles (2.1 km)	Touch rocks from all of Grand Canyon's layers along the award- winning Trail of Time
	Verkamp's Visitor Center	Kolb Studio	0.6 miles (1 km)	Explore local history in the village historic district
Easy, Less Traveled Little elevation gain	South Kaibab Trailhead	Mather Point	2.1 miles (3.4 km)	Great views of a trail going down into Grand Canyon; paved
	Monument Creek Vista	Hermits Rest	2.8 miles (4.5 km)	Quiet and less crowded with forest and canyon views; paved
	Hopi Point	Powell Point	0.3 miles (0.5 km)	Expansive east and west views of Grand Canyon; unpaved
Moderate Some elevation gain and/or rough terrain	Mohave Point	Monument Creek Vista	2.0 miles (3.2 km)	Unpaved trail with great views
	Hermits Rest Route Transfer	Trailview Overlook	0.7 miles (1.1 km)	Views of the Village and Bright Angel Trail; paved, steep grade
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Pedaling the Park

Bicycle along the canyon rim and through peaceful forest scenery by following the green dashed lines on the map on pages 4–5. Bicycles are only permitted on the Greenway Trail, paved roads, and dirt roads open to vehicles. Bicycles are prohibited on the Rim Trail and trails down into Grand Canyon.

Obey all traffic regulations, ride single file with the flow of traffic, and wear bright colors and a helmet. Watch for ice on all roads and trails. On Yaki Point road, bicyclists must pull to the right shoulder and dismount when a shuttle bus passes.



Be a Part of Something Grand

You can make a difference at Grand Canyon National Park!

With your help, the Grand Canyon Association (GCA) supports an impressive variety of projects and programs that ensure all visitors enjoy the awe-inspiring wonder of Grand Canyon.

As the park's official nonprofit partner, GCA cooperates with the National Park Service to operate Park Stores in seven locations in the park. GCA Park Store purchases help fund new exhibits, scientific research, trail restoration, wildlife monitoring, ecological restoration, support for the arts, Junior Ranger and education programs, and historic building preservation.

Explore Grand Canyon's Wonders with the Grand Canyon Field Institute

Learn about geology, archaeology, photography, yoga, and more, during fun and informative education classes. Activities include rim walks, backpacks, and river trips. Call 866-471-4435 or visit grandcanyon.org/fieldinstitute

Take Grand Canyon Home with You Join GCA today. Members receive exclusive benefits and discounts. For information, visit a GCA Park Store, call toll-free 800-858-2808, or visit grandcanyon.org.

Special Opportunities



Fence and Elm Tree in a Dust Storm; by Kathleen Brennan, archival pigment print; 2013

Artist-in-Residence

Few places inspire as much wonder and creativity as Grand Canyon. Grand Canyon hosts two artist-in-residence programs—a seasonal program on the North Rim and a year-round program on the South Rim.

During their time in the park, artists present free, family-friendly workshops and presentations for the public. Visit nps.gov/grca/supportyourpark/air.htm for information.

SOUTH RIM ARTISTS AND GENRES December 21, 2014 to January 10, 2015 Visual and conceptual artist Mel Ziegler from Nashville, Tennessee melziegler.com

February 1-28, 2015

Photographer Kathleen Brennan from Taos, New Mexico brennanstudio.com

6th Annual Celebration of Art: Exhibit and Sale

Kolb Studio

Daily through February 6

Enjoy spectacular Grand Canyon paintings created by artists from around the United States. Proceeds go toward a permanent art venue at Grand Canyon National Park.



The Amazing Kolb Brothers: A Grand Life at Grand Canyon **Kolb Studio**

Daily beginning February 14

See Grand Canyon through the eyes of photographers Emery and Ellsworth Kolb in this exhibit. Be amazed and inspired by their stories, and view the movie that remains a box office hit.

Park Ranger Programs

Discover Grand Canyon with free programs given by park rangers and volunteers in or near the Village. For Desert View programs, see page 8. Children under age 16 must be accompanied by an adult.

Outdoor programs may be cancelled or moved inside during inclement weather. Times are mountain standard. Check at visitor centers and hotels for additional program offerings.

Time	Program	Meeting Location	Duration/Distance	Notes
10 am	Kolb Studio Step back in time and delve into the lives of the Kolb brothers as you tour their 1904 home and photography studio that descends five levels into the canyon. Limited to 15 participants. Register at Kolb Studio prior to that day's tour or call 928-638-2771.	Kolb Studio	60 minutes	Daily; no program Jan 26–30
1:30 pm	Rim Walk Explore the many wonders Grand Canyon offers. From geology, to history, to ecology, the stories and views are endless during this leisurely walk along the rim. Topics vary. Accessible.	Verkamp's Visitor Center	60 minutes	Daily; no program Jan 26–30
2 pm	Geology Glimpse Gain a quick insight into Grand Canyon's unique geologic story. Following the talk, consider walking the Trail of Time or exploring Yavapai Geology Museum. Accessible.	Yavapai Geology Museum	20 minutes	Daily; no program Jan 26–30
3:30 pm	Geology Glimpse Gain a quick insight into Grand Canyon's unique geologic story. Following the talk, consider walking the Trail of Time or exploring Yavapai Geology Museum. Accessible.	Yavapai Geology Museum	20 minutes	Daily; no program Jan 26–30

Learn in an Outdoor Classroom

Teachers

Field Trips, Classroom Rangers, Distance Learning, and Teacher Workshops

Using Grand Canyon as an engaging teaching tool, park rangers conduct curriculum-based field trips, in-class presentations, and distance learning programs for school groups from grades K-12. Students engage in realworld exploration of concepts related to geology, ecology, and human history. 928-638-7931 or nps.gov/grca/forteachers/

Students

Grand Canyon Semester

Grand Canyon National Park partners with Northern Arizona University and Prescott College to offer a unique, semester-long program. Grand Canyon Semester engages students through a place-based learning experience using Grand Canyon as a classroom and laboratory. Classroom academics combine with field opportunities to create an unparalleled learning environment.

nau.edu/Honors/GCS/ or prescott.edu/learn/nondegree/grand-canyon-semester.html

Canyon Field Schools

Deepen your connection to national parks through multi-day field programs for middle and high school youth. Discover the hidden reaches of Grand Canyon by hiking and boating the Colorado River. Enroll for summer, individual, high school youth, and educational or nonprofit youth groups.

928-638-7924 or nps.gov/grca/forkids/camp.htm

Discover the Canyon With Your Phone

Enjoy two-minute park ranger talks at 30 locations throughout the park. Look for cell phone tour signs, dial 928-225-2907, and enter the stop number. Hosted by the Grand Canyon Association.

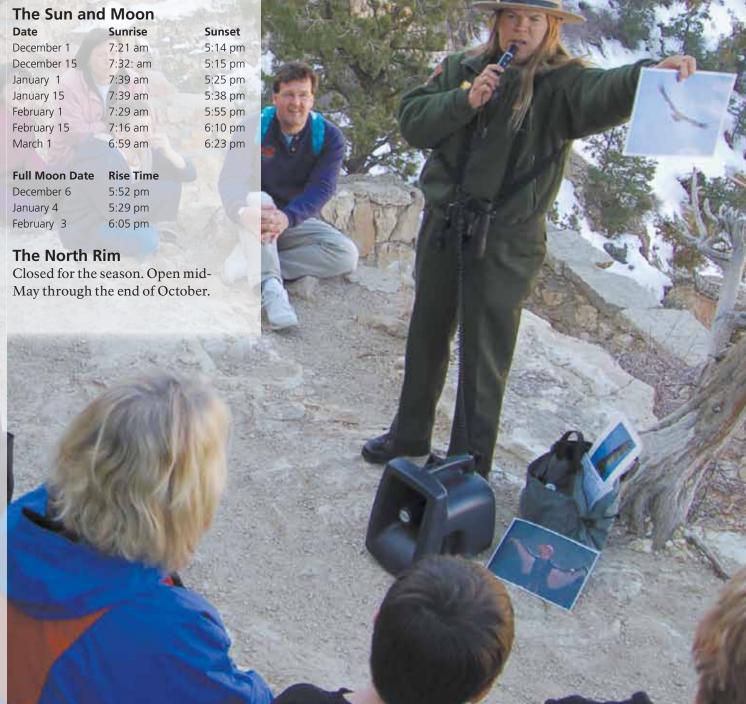
Explore Virtual Caches

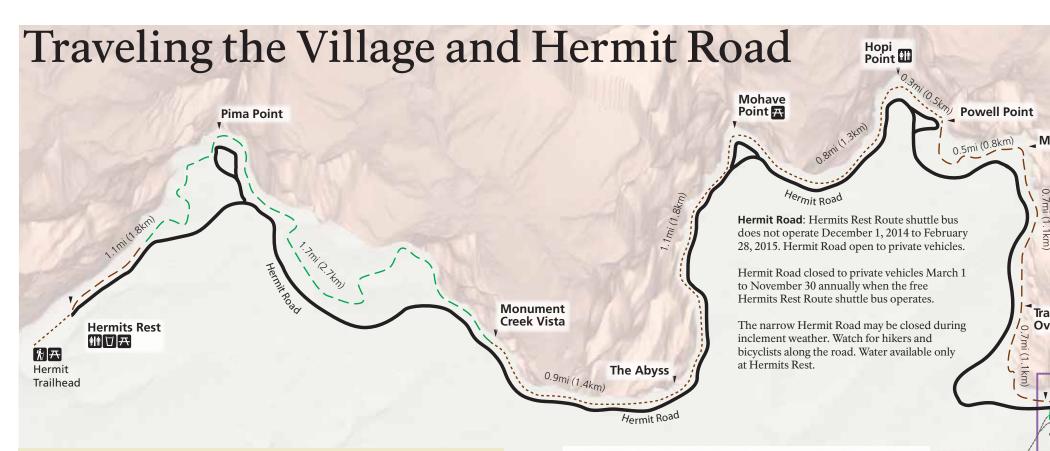
Discover EarthCaches[™] specifically tailored to geology, educational experiences, modern technology, and outdoor adventures. Stop by Grand Canyon Visitor Center or visit nps.gov/grca/planyourvisit/virtualcaching.htm to get EarthCache™ information and start your adventure today. You will need your own GPS device to participate.

Earn Your Junior Ranger Badge

Children ages four and older can pick up a free Junior Ranger booklet from a visitor center. Have fun learning about Grand Canyon by completing at least four activities and attending a park ranger program. Turn in the completed booklet at any visitor center and earn a badge and certificate. Special patches are also available for purchase at Grand Canyon Association Park Stores.

Junior Ranger programs are also available at more than 250 national parks, seashores, and monuments nationwide. The Junior Ranger program is generously supported by the Grand Canyon Association.





Common Shuttle Bus Questions

Are the shuttle buses free? Yes, your entrance fee includes free shuttle bus transportation.

How do the shuttle buses work? Running like a city bus system, two shuttle bus routes stop at viewpoints, visitor centers, lodges, restaurants, and gift shops. Just wait at any bus stop and enjoy the ride. Shuttle buses do not drive to Desert View.

How can I tell the difference between shuttle bus routes?

The front of the free, green and white shuttle bus displays the name of the route and its color.

What are the shuttle bus rules?

- No eating or open drink containers.
- No pets. Service animals permitted.
- Collapse strollers before entering the shuttle bus. No oversized or jogging strollers. Remove baby-back carriers when seated.
- Shuttle buses can accommodate two or three bicycles, but not tag alongs, baby trailers, or children's bicycles with wheels less than 16 inches (41 cm). Riders must load and unload their bicycles.
- Shuttle buses only stop at designated bus stops.

Will my wheelchair fit on the bus? Shuttle buses are equipped with ramps to accommodate wheelchairs smaller than 30 inches wide by 48 inches long (76 by 122 cm). Most motorized scooters will not fit on shuttle buses.

Common Driving and Parking Questions

Where can I drive my car?
You can drive roads indicated by a solid black line on the maps in this Guide.
Yaki Point Road is closed to private vehicles. To reach that area, ride the free shuttle bus.

A Scenic Drive Accessibility Permit allows visitors with mobility issues entry to some areas closed to public traffic. Obtain permits at entrance gates and visitor centers.

Where can I park?

Parking lots in the Village are located near shuttle bus stops.

- Parking lots 1–4 Grand Canyon Visitor Center. Lot 1 includes auto, RV, and trailer parking.
- Parking Lot A Park Headquarters
- Parking Lot B Market Plaza
- Parking Lot C near Center Road in the Village
- Parking Lot D Backcountry
 Information Center; includes auto
 parking in the north end and RV and
 trailer parking in the south end.

Where can I learn about road conditions?

Check at visitor centers or call 928-638-7496. Please slow down, take your time, and drive carefully.

What else do I need to know about driving?

Do not stop in the road, block traffic, or park along the roadside, except where signs or lines on the road indicate it is permissible. Use pull-outs to take photos. Keep a safe distance of at least 75 feet (23 m), or about six car lengths, from wildlife.

LEGEND Driv

Drivable park roads

Village Route and bus stop

Kaibab/Rim Route and bus stop

Arrows indicate direction of travel
Shuttle bus gate
Paved Rim Trail **

Unpaved Rim Trail **

Paved Greenway Trail **

**

Paved Greenway Trail **

**

Paved Sharp S

0.5 Kilometer

0.5 Mile

Drinking water
First aid
Information
Parking
Picnic area
Restrooms/toilets
Telephone
Theater
Trailhead

North

Take the Shuttle Bus to Your Destination

VILLAGE ROUTE—BLUE ROUTE

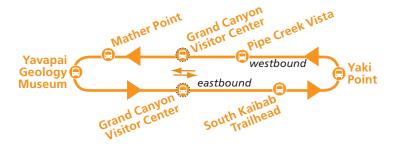
- 50 minutes roundtrip
- Stops at Grand Canyon Visitor Center, hotels, restaurants, and campgrounds
- Grand Canyon views are a short walk from some shuttle bus stops
- Schedule
- Every 30 minutes, 6–8 am
- Every 15 minutes, 8 am-6 pm
- Every 30 minutes, 6–9 pm
- For the last bus, be at a bus stop no later than 8:30 pm.

KAIBAB/RIM ROUTE—ORANGE ROUTE

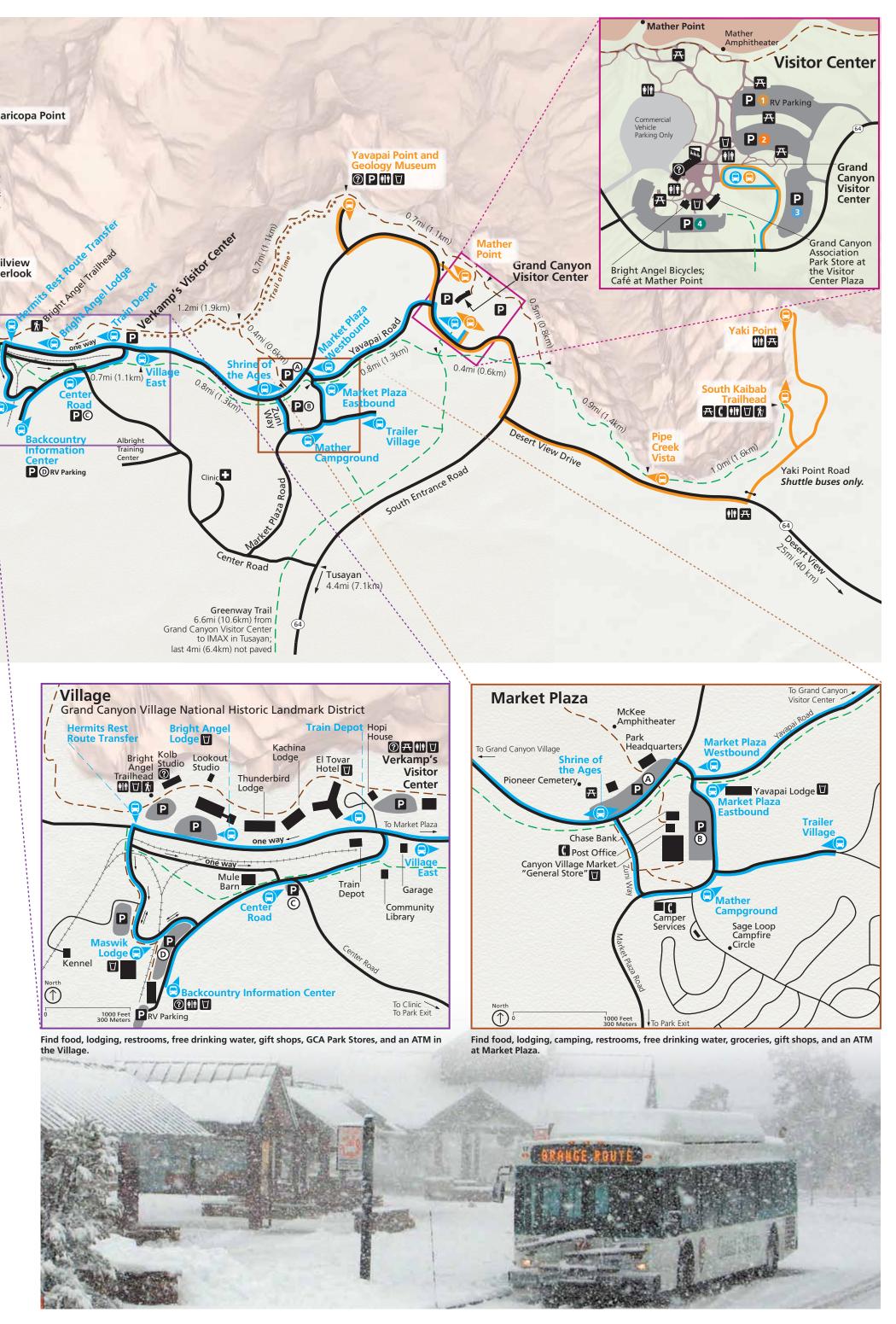
- 50 minutes roundtrip
- Stops at several viewpoints, Grand Canyon Visitor Center, and Yavapai Geology Museum.
- · Access to South Kaibab Trailhead
- Schedule
 - Every 30 minutes, 6–6:30 am
- Every 15 minutes, 6:30 am to one hour after sunset
- For the last bus, be at a bus stop no later then 30 minutes after sunset. See sunset times on page 3.

HIKERS' EXPRESS

Express service to South Kaibab
Trailhead. Shuttle bus starts at Bright
Angel Lodge, then stops at the
Backcountry Information Center, Grand
Canyon Visitor Center, and South
Kaibab Trailhead. Bus leaves Bright
Angel Lodge at 8 am and 9 am.







Visitor Services

Locations shown on the maps on pages 4–5.

Food and Beverage

BRIGHT ANGEL BICYCLES

Café at Mather Point Grab and go food and espresso bar. 7 am-5 pm; closed Dec 25

BRIGHT ANGEL LODGE

The Arizona Room Lunch closed Nov 1 to Dec 31; beginning Jan 1, lunch 11 am-3 pm. Dinner 4:30–10 pm, reservations not accepted; lounge 4:30-10 pm

Bright Angel Coffee House 6–10 am Bright Angel Fountain Dec 20 to Jan 3, 11 am-5 pm, weather permitting Bright Angel Restaurant Breakfast 6:30-10:45 am; lunch 11:15 am-4 pm; dinner 4:30-10 pm; lounge 11 am-11 pm.

CANYON VILLAGE MARKET Canyon Village Deli 8 am-6 pm; closed Dec 25

EL TOVAR HOTEL

El Tovar Dining Room Breakfast 6:30-10:45 am; lunch 11:15 am-2 pm. Dinner 5–10 pm; reservations recommended 928-638-2631, ext. 6432; lounge 11 am-11 pm. Closed Jan 3 to Feb 13.

HERMITS REST

Hermits Rest Snack Bar 9 am-5 pm, weather permitting

MASWIK LODGE

Maswik Food Court 6 am-10 pm Maswik Pizza Pub 11 am-11 pm

YAVAPAI LODGE

Yavapai Canyon Cafe Closed Dec 1–23; Dec 24, 3-8 pm; Dec 25-31, 6:30 am-8 pm; closed Jan 1 to Feb 28

Books and Gifts

Bright Angel Lodge 7 am-10 pm El Tovar Hotel 7 am–10 pm

Grand Canyon Association Park Stores

- at Kolb Studio 8 am-6 pm
- at Verkamp's Visitor Center 8 am-6 pm at Visitor Center Plaza 8 am-6 pm
- at Yavapai Geology Museum 8 am-6 pm

Hermits Rest Gift Shop 9 am-5 pm

Hopi House 9 am-5 pm Lookout Studio 9 am-5 pm

Maswik Lodge 7 am-10 pm Yavapai Gift Shop Dec 1-31, 9 am-5 pm;

closed Jan 1 to Feb 28

Lodging

Prices range from \$94-464. Same-day reservations: 928-638-2631 Advance reservations: 888-297-2757 grandcanyonlodges.com

Bright Angel Lodge El Tovar Hotel

Kachina Lodge

Maswik Lodge

Thunderbird Lodge

Yavapai Lodge closed Nov 30 to Dec 23 and Jan 1 to Feb 28

Phantom Ranch Meals, hiker dormitory, and cabin space located at the bottom of the canyon. Next-day reservations: 928-638-3283; advance reservations: 888-297-2757

Services

ATM Chase Bank and Maswik Lodge

Canyon Village Market "General Store" Groceries, supplies, and gifts. Dec 1 to Feb 1, 8 am-7 pm; Feb 2-28, 8 am-8 pm; closed Dec 25

Chase Bank Monday to Thursday 9 am-5 pm; Friday 9 am-6 pm. 928-638-2437

Garage Emergency repairs and tow service. 8 am to noon and 1-5 pm. 928-638-2631

Kaibab Learning Center Day care for one to 12 year olds; immunization records required. Monday to Friday, 7:30 am-5:30 pm. 928-638-6333

Kennel Dogs and cats need proof of vaccinations, 7:30 am-5 pm, 928-638-0534 For retrieval after 5 pm: 928-638-2631

Lost and Found 928-638-7798; 928-638-2631

Post Office Monday to Friday 9 am-4:30 pm; Saturday 11 am-1 pm; closed Sunday and federal holidays. 928-638-2512

Religious Services See schedules at Mather Campground, Shrine of the Ages, Grand Canyon Post Office, Grand Canyon Visitor Center, and Park Headquarters

Taxi 928-638-2822

WiFi and Public Computer Access

Park Headquarters: Free WiFi 8 am-5 pm, Monday to Friday, except federal holidays. Computers available 8 am-4:30 pm, Monday to Friday, except federal holidays

Community Library: Free WiFi and computers available, 10:30 am-5 pm, Monday to Saturday Hotel Lobbies: WiFi available 24 hours a day; fees may be charged

Canyon Village Market: WiFi; see hours above

Camping

Mather Campground (National Park Service)

\$15 per night family site; \$30 per night group sight; \$20 per night horse site. No hook-ups; dump station nearby. Maximum vehicle length 30 feet (9.1 m). First-come, first-served self registration. Future reservations: recreation.gov or 877-444-6777.

Trailer Village

\$36 per night for two people; \$3.50 for each additional person over age 16. Pull-through sites with hookups; dump station nearby. Kiosk: 8 am-5 pm. Same-day reservations: 928-638-2631. For reservation dates through December 31: 888-297-2757 or grandcanyonlodges.com. For reservation dates after January 1: 877-404-4611 or visitgrandcanyon.com.

Laundry and Showers at Camper Services 8 am-6 pm, last laundry wash 4:45 pm

Tours and Trips

Bright Angel Bicycles Bicycle rentals and guided tours weather permitting. Repair/parts and wheelchair and stroller rentals daily. 10 am-4 pm; closed Dec 25. Please call ahead 928-638-3055 or visit bikegrandcanyon.com

Transportation Desks Arrange tours and trips at Bright Angel Lodge 6 am-8 pm; El Tovar Concierge Desk 8 am–5 pm; Maswik Lodge 6 am-6:30 pm

Bus Tours Daily departures for sunrise and sunset viewing and to Desert View Watchtower and Hermits Rest. Reserve at El Tovar Hotel concierge desk, transportation desks, 928-638-2631, or grandcanyonlodges.com

Mule Trips One and two night trips to Phantom Ranch depart daily. A two-hour Canyon Vista ride along the rim departs once daily. Inquire at Bright Angel or Maswik transportation desk or call 928-638-3283.

Tusayan, Arizona

Located seven miles (11 km) south of Grand Canyon Visitor Center on AZ 64.

Lodging

Best Western Premier Grand Canyon Squire Inn 928-638-2681

Canyon Plaza Resort 928-638-2673; pets ok **Grand Hotel** 928-638-3333

Holiday Inn Express 928-638-3000 Red Feather Lodge 928-638-2414; pets ok **7 Mile Lodge** 928-638-2291

Camping

Camper Village (Private) Hookups, coinoperated showers, laundry, propane, dump station, and store. 928-638-2887 or grandcanyoncampervillage.com

Additional Resources

Arizona Highway Information Dial 511 or 888-411-ROAD or visit az511.gov

Grand Canyon Chamber of Commerce 844-638-2901, www.grandcanyoncvb.org

Kaibab National Forest Tusayan Ranger District ranger station, 8 am-4:30 pm, Monday to Friday. 928-638-2443

Activities

Fixed-wing and helicopter tours. **Grand Canyon Airlines** 800-528-2413 **Grand Canyon Helicopters** 800-541-4537 Maverick Airlines 800-218-9932

Maverick Helicopters 800-962-3869 **Papillon Grand Canyon Helicopters** 800-528-2418

Vision Airlines 800-256-8767 **Westwind Aviation** 888-869-0866

IMAX Theater Open 9 am–8 pm; first show 9:30 am, last show 6:30 pm. Movie shown every hour on the half hour. Food and gifts available. 928-638-2468

River Rafting

WHITEWATER RAFT TRIPS

nps.gov/grca/planyourvisit/whitewater-rafting. htm



Day Hikes Below the Rim

A day hike into Grand Canyon affords an unparalleled experience. Knowledge, preparation, and a good plan are all keys to success. Consider purchasing a trail guide at a Park Store before venturing down the trail. Gauge your fitness level, be honest about your health, and don't compare yourself to five years ago. Know your limits and avoid spontaneity—Grand Canyon is an extreme environment!

Park rangers say "going down is optional, but coming up is mandatory." Plan your hike knowing it takes twice as long to hike up as it does to hike down. *Stay together, follow your plan, and know where and how to seek help.*

Backcountry Camping Permits

You must obtain a permit from the Backcountry Information Center to camp anywhere in the park other than in a developed campground on the South Rim. A limited number of last minute walk-up permits are available.



For additional information about day and overnight hiking, visit the Backcountry Information Center or nps.gov/grca/planyourvisit/backcountry.htm.

Trail	Destination	Distance Roundtrip	Difficulty	Elevation Change From the Rim	Time Roundtrip	Facilities
Pright Angel Trail: Follows the Bright Angel Fault down Garden Creek Canyon on a well-maintained trail North-facing trail accumulates ice and snow becoming treacherous Water and toilets available at trailhead	Upper Tunnel	0.4 miles (0.6 km)	easy	60 feet (20 m)	20 minutes	none
	Lower Tunnel	1.7 miles (2.8 km)	moderate	590 feet (180 m)	1–2 hours	none
	1½-Mile Resthouse	3 miles (4.8 km)	moderate	1,120 feet (340 m)	2–4 hours	toilets, emergency phone
•Water occasionally not available at Indian Garden due to water pipeline breaks—check	3-Mile Resthouse	6 miles (9.6 km)	difficult	2,120 feet (645 m)	4–6 hours	toilets, emergency phone
before descending	Indian Garden	9 miles (14.4 km)	very difficult	3,040 feet (925 m)	6–9 hours	water, toilets, ranger station, camping, emergency phone
	Plateau Point	12 miles (19.3 km)	very difficult	3,080 feet (940 m)	9–12 hours	none
South Kaibab Trail:	Ooh Aah Point	1.8 miles (2.9 km)	moderate	760 feet (230 m)	1–2 hours	none
•Follows an exposed ridge line on a well- maintained trail; best views during a relatively	Cedar Ridge	3 miles (4.8 km)	difficult	1,120 feet (340 m)	2–4 hours	toilets
short hike but can accumulate ice and snow. •Ride the Kaibab/Rim Route or Hikers' Express shuttle bus to the South Kaibab Trailhead •Water, toilets, and pay phone located at trailhead	Skeleton Point	6 miles (9.6 km)	very difficult	2,040 feet (620 m)	4–6 hours	none
Hermit Trail and Dripping Spring Trail:	Hermit Basin	2.8 miles (4.5 km)	difficult	1,240 feet (380 m)	2–4 hours	none
Offers intimate views of a long side canyonMay have less ice and snow than the South	Santa Maria Spring	5 miles (8 km)	very difficult	1,680 feet (510 m)	4–6 hours	must treat water
Kaibab and Bright Angel trails •Rough and unmaintained—for experienced desert hikers only •Begins west of Hermits Rest •Water and toilets available at Hermits Rest	Dripping Spring	7 miles (11.3 km)	very difficult	1,040 feet (315 m)	5–7 hours	must treat water

9 Essentials for Your Day Pack

Water At least two liters of water depending on hike intensity and duration. Drink to thirst. Always bring a method to treat water. Some water stations are shut off in winter.

Food Bring salty snacks and a full meal. Eat often, even if you are not hungry. Snack every time you hydrate.

First Aid Kit and Survival Tools Also include medications, blister care, and duct tape.

Map Know your route. Many trails are well marked, but some are not.

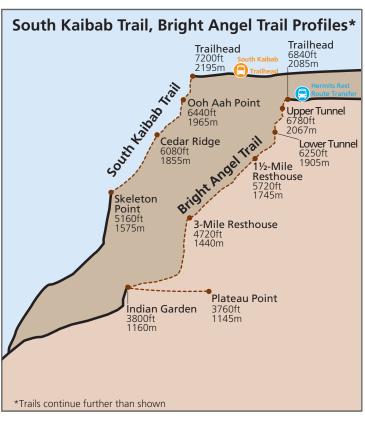
Flashlight or Headlamp You may end up hiking in the dark unexpectedly; cell phones do not provide adequate light.

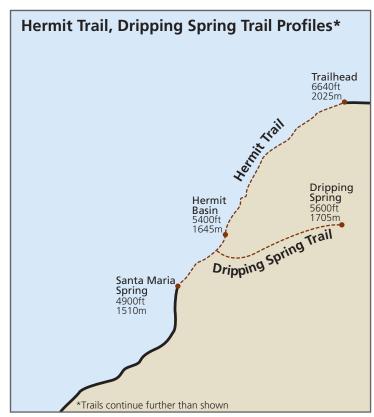
Sun Protection Sunscreen, hat, sunglasses, and a sun umbrella.

Communication Whistle or signal mirror; while cell phones are not reliable, they may be helpful.

Simple Shelters Emergency tarp with reflective side.

Weather-appropriate Clothing and Footwear Layer for the weather, protect yourself from the sun, and wear hiking boots with good soles, a hat, gloves, and over-the-shoe traction devices which can be purchased at park gift shops. Remember that the weather can change suddenly.





3 Dangerous Health Risks

Common Challenges Any activity at high elevation and in a dry environment can bring your body past its limits, exacerbate medical conditions or current illnesses, and harm you due to a lack of regular exercise.

Hyponatremia This common hiking illness occurs from overhydration and low salt ingestion during a strenuous hike—a deadly condition if ignored. Balance hydration with salty snack intake, eat a well-rounded lunch, and rest frequently. Drink to thirst and eat snacks regularly.

Over Exertion When looking from the rim into Grand Canyon everything looks close—but it is not! Know your limits, pace yourself, and take a 5- to 10-minute break every hour. If you are not feeling well, rest at least 30 minutes. Turn around on your hike before you feel tired.

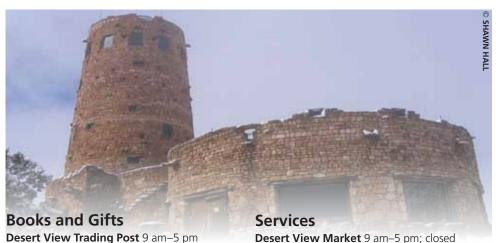
Warning!

Hiking to the river and back in one day is not recommended due to long distances, extreme temperature changes, and a near 5,000-foot (1,500 m) elevation change each way. If you think you have the fitness and experience to attempt this extremely strenuous hike, please seek the advice of a park ranger at the Backcountry Information Center.

No Swimming The Colorado River is fast, wide, and a cold 46°F (8°C) year-round. Do not swim in the river—you will perish!



Desert View



Desert View Trading Post 9 am-5 pm **Desert View Watchtower***

9 am–5 pm; closed first week of Jan **Desert View Watchtower Stairs***9 am–4:30 pm; closed first week of Jan

Grand Canyon Association Park Stores at Desert View Visitor Center

9 am–5 pm; open Dec 1–31 only. Visit us at the Desert View Watchtower in Jan and Feb. at **Tusayan Museum and Ruin** 9 am–5 pm

Food and Beverage

Desert View Snack Bar Dec 1–31, 9 am–5 pm; Jan 1 to Feb 28, 9 am–4 pm; located in Desert View Trading Post Desert View Market 9 am–5 pm; closed Dec 25

Desert View Service Station Closed, but fuel, including diesel, available 24 hours a day with credit card

Camping

Desert View Campground (National Park Service) Closed; reopens in April 15, 2015. \$12/night; no hookups; maximum vehicle length 30 feet (9.1 m); first-come, first-served self registration.

Park Ranger Programs Cultural

Connections

Canyon's rich cultural legacy. 11 am 20 minutes Accessible

Learn about Grand

Tusayan Ruin Tour

Tusayan Museum

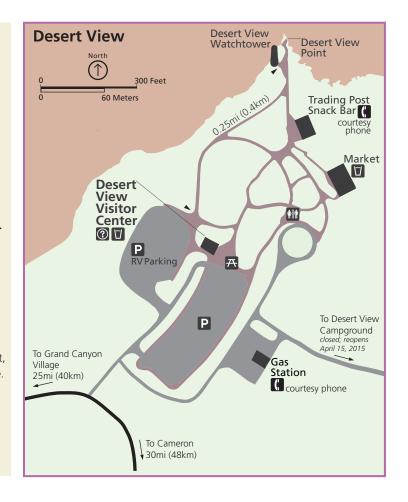
Explore how ancestral Puebloan people found food and water while creating homes at Grand Canyon.

1:30 pm

20 minutes on a flat, easy trail; accessible.

Tusayan Museum

See page 3 for programs in the Village.



Protect the Park, Protect Yourself



Weather Winter weather varies greatly and changes suddenly. Be prepared with layered clothing for cold, rain,

wind, and snow. Trails and walkways may be icy. Over-the-shoe traction devices recommended for your safety.



Driving Conditions

Snow and ice present potentially hazardous driving conditions and can

temporarily close park roads. Check at visitor centers or call 928-638-7496. Please slow down and drive carefully while exploring Grand Canyon in winter.



Elevation Use sunblock, stay hydrated, take your time, and rest to reduce the risk of sunburn, dehydration,

nausea, shortness of breath, and exhaustion. The South Rim's high elevation (7,000 feet/2,135 m) and dry climate affects you differently than your home environment.



Drinking Water Free Grand Canyon spring water is available from bottle filling stations at major trailheads,

visitor centers, grocery stores, and lodges. Bring your own or buy a reusable water bottle at Park Stores or gift shops. Stay hydrated and reduce your environmental footprint.



No Unmanned Aircraft

Launching, landing, or operating an unmanned aircraft is prohibited inside Grand Canyon National Park.

Protect and Respect Wildlife



Never approach or feed any animal. It is dangerous —both to you and the animal—and illegal.



Deer and elk: Keep a safe distance of at least 75 feet (23 m), or about six car lengths.



Squirrels: Do not feed the squirrels. They will bite and can carry fleas with the plague.



California condor: Stay at least 75 feet (23 m) away from these endangered birds.



View Grand Canyon Safely Stay at least 6 feet (2 m) from the edge. Hold on to children. Do not lean over

or go past walls and railings. Always be aware of your surroundings. Do not back up without first looking where you are going.



Never Throw Anything Over the Edge Never throw rocks, coins, trash, or anything else over the

edge. Objects tossed over the edge or dislodged by walking off trail can injure hikers and wildlife below.



Where Can I Take My Pet? Leashed pets are allowed on rim trails. Pets are not allowed below the rim,

in buildings, or on shuttle buses. These limits do not apply to service animals. Anyone wishing to take a service animal below the rim must check in at the Backcountry Information Center. For kennel information see page 6.



No Collecting Grand Canyon National Park—a World Heritage Site—belongs

to everyone. Please leave

everything where you find it; including rocks, plants, firewood, and artifacts.



Do Not Leave Your Mark The walls of Grand
Canyon tell an amazing story.
That story can be altered



Do Not Litter Help keep Grand Canyon clean by recycling and using trash receptacles.

when you leave graffiti.

Emergencies

Dial 911 or from hotel rooms dial 9-911

North Country Grand Canyon Clinic 8 am–5 pm, Monday to Friday. 928-638-2551

> In memory of Patricia Brown 120114